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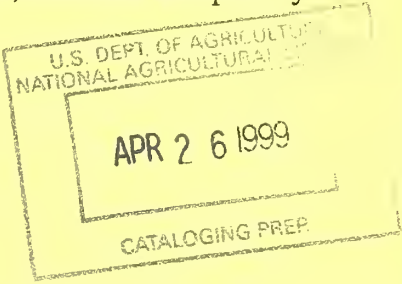
Food Safety
and Inspection
Service

November 1991

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NUTRITION LABELING:

A Review of FDA and FSIS Proposals

FDA Proposal	FSIS Proposal
<p>Mandatory Labeling</p> <ul style="list-style-type: none">- Processed foods (other than meat and poultry) including fresh/frozen seafood packaged at the plant- Nutrition information provided "as packaged" (may additionally list nutrition information "as consumed") <p><i>"As packaged"</i> means nutrition information based on serving size of packaged product</p> <ul style="list-style-type: none">- Compliance - industry accountable for conducting nutrient analysis to support nutrition label; Agency will periodically sample products for nutrition analysis to ensure compliance <p>Voluntary Labeling</p> <ul style="list-style-type: none">- Fresh produce and seafood unpackaged or packaged at retail (final regulations published in November 1991)- "As consumed" for raw fish; "As packaged" for raw fruits and vegetables	<p>Mandatory Labeling</p> <ul style="list-style-type: none">- Most meat and poultry products (i.e., basted turkey, chicken franks, corned beef, meat burritos) other than single-ingredient, raw meat and poultry- Same  <ul style="list-style-type: none">- Same, in addition meat and poultry products with nutrient claims (e.g., low fat) must be produced under in-plant quality control program to ensure compliance with nutrient values <p>Voluntary Labeling</p> <ul style="list-style-type: none">- Single-ingredient, raw meat and poultry (i.e., ground beef, chicken breasts, whole unbasted turkey)- "As packaged" <u>or</u> "as consumed" <p><i>"As packaged"</i> means nutrition information provided on serving size of the product in the package. For example, meat cuts with external fat and poultry with skin if skin is present.</p>

FDA Proposal	FSIS Proposal
<p>Voluntary Labeling (cont'd)</p> <ul style="list-style-type: none"> - Allows use of point-of-purchase materials (e.g., large placards, pamphlets, brochures, videos) - 60% of retailers surveyed must be in compliance for at least 90% of the 20 most frequently consumed raw fruits, raw vegetables and raw fish (60 total) by May 1993; if not, will develop regulations for mandatory program; if in compliance, will survey stores every two years to ensure compliance, so next compliance survey completed in May 1995 - Allows use of FDA-approved data; products using FDA-approved data bases will not be subject to compliance procedures 	<p>Voluntary Labeling (cont'd)</p> <p><i>"As consumed"</i> means nutrition information provided on serving sizes of cooked meat and poultry, using common cooking methods that do not add fat, flour, salt, etc., which could alter nutrient profile</p> <ul style="list-style-type: none"> - Same - Significant participation by May 1995; if not, will develop regulations for mandatory program. Significant participation means 60% of stores that are surveyed provide nutrition information for at least 90% of major cuts. Significant participation cannot be achieved by FDA's May 1993 deadline since FSIS final regulations will not be published until November 1992. May 1995 puts FSIS on same cycle with FDA - Allows use of USDA Handbook #8 for representative nutrient values; products using USDA Handbook #8 data will not be subject to compliance procedures

FDA Proposal	FSIS Proposal
<p>Nutrition Label Content</p> <p>- <u>Mandatory disclosures:</u></p> <p>Calories Calories from total fat Total fat (grams) Saturated fat (grams) Cholesterol (milligrams) Total carbohydrates (grams, excludes dietary fiber) Complex carbohydrate (grams) Sugars (grams) Dietary fiber (grams) Protein (grams) Sodium (milligrams) Vitamin A (% of Daily Value) Vitamin C (% of Daily Value) Calcium (% of Daily Value) Iron (% of Daily Value)</p> <p>- <u>Voluntary disclosures:</u></p> <p>Calories from saturated and unsaturated fat, total carbohydrates, protein</p> <p>Unsaturated fat or amounts of polyunsaturated and mono-unsaturated fats (grams) — (unless claim is made about fatty acid or cholesterol content)</p> <p>Insoluble and soluble fiber (unless a claim is made)</p> <p>Protein as % of RDI for foods other than infant foods — (unless a claim is made)</p> <p>Potassium (milligrams)</p> <p>Thiamin, riboflavin, niacin, and other vitamins and minerals</p>	<p>Nutrition Label Content</p> <p>- <u>Mandatory disclosures:</u></p> <p>- Same</p> <p>- <u>Voluntary disclosures:</u></p> <p>- Same</p> <p>- Same</p> <p>- Same</p> <p>- Same</p> <p>- Same</p> <p>- Same</p>

FDA Proposal	FSIS Proposal
<p>Simplified Label Format</p> <ul style="list-style-type: none"> - Required when a food contains insignificant amounts of more than one-half (more than 8) of the nutrients required to be listed - Insignificant amount is that amount that may be rounded to zero <p>Exemptions from Mandatory Program</p> <ul style="list-style-type: none"> - Allows nutrition information for small packages and other-than-consumer size packages (i.e., institutional foods) to be provided by means other than nutrition panel on package. <p>Small packages are defined as those with a total surface area of less than 12 square inches</p> <ul style="list-style-type: none"> - Exempts foods intended for further processing - Exempts small businesses with less than \$500,000 in food and other merchandise sales or less than \$50,000 in sales of food alone <p>Serving Sizes</p> <ul style="list-style-type: none"> - Customarily consumed per eating occasion by persons 4 years of age or older - 131 food product categories with reference serving sizes - Serving size for raw fish is 3 ounces cooked (same as for raw meat and poultry) 	<p>Abbreviated Label Format</p> <ul style="list-style-type: none"> - Same - Same <p>Exemptions from Mandatory Program</p> <ul style="list-style-type: none"> - Same <p>Small packages are defined as individually wrapped packages of less than 1/2 ounce</p> <ul style="list-style-type: none"> - Same (e.g., bulk cooked sausage crumbles for burritos) - Exploring other means of reducing economic burden on small businesses <p>Serving Sizes</p> <ul style="list-style-type: none"> - Same - 23 meat, 22 poultry product categories with reference serving sizes - Serving size for raw meat and poultry is 3 ounces cooked (same as for raw fish)

FDA Proposal	FSIS Proposal
<p>Serving Sizes (cont'd)</p> <ul style="list-style-type: none"> - Household measures (cups, tablespoons, teaspoons) - Meal-type products (dinner/entrees) to be labeled in entirety - Units/pieces to be labeled in the number of whole units closest to reference standard <p>Reference Daily Intakes (RDIs) and Daily Reference Values (DRVs)</p> <ul style="list-style-type: none"> - Establishes RDIs and DRVs, which are meant to serve as reference values, to help consumers compare how nutrient levels in foods contribute toward general recommendations for a total diet - RDIs established for protein, 26 vitamins and minerals - DRVs established for total fat, saturated fatty acids, unsaturated fatty acids, cholesterol, carbohydrate, fiber, sodium and potassium - Percent of Daily Values will appear on food labels; daily values represent RDIs and DRVs 	<p>Serving Sizes (cont'd)</p> <ul style="list-style-type: none"> - Same - Same - Same (i.e., hot dogs come in varying sizes; serving size for a hot dog is 55 grams or about 2 ounces; companies would list serving size based on the number of whole hot dogs weighing closest to 55 grams) <p>Reference Daily Intakes (RDIs) and Daily Reference Values (DRVs)</p> <ul style="list-style-type: none"> - Same - Same - Same - Same

FDA Proposal	FSIS Proposal
<p>Descriptors</p> <p>FDA has proposed general requirements for the use of descriptors and definitions for several nutritional components (i.e., calories, fat, saturated fat, sodium, and cholesterol). Listed below are the definitions for fat.</p> <ul style="list-style-type: none"> - <u>Fat-Free</u>: product contains less than 0.5 grams of fat per reference amount and serving size and no added ingredient that is a fat or oil - <u>Low Fat</u>: product contains 3 grams or less of fat per reference amount, per serving size and per 100 grams of product - <u>Light or lite</u>: product has at least a 1/3 reduction in the number of calories compared to a reference food, with a minimum reduction of more than 40 calories per reference amount and per serving size; and if the product derives more than 50% of its calories from fat, its fat content is reduced by 50% or more compared to the reference food, with a minimum reduction of more than 3 grams per reference amount and per serving size. - <u>Reduced fat</u>: product has reduced fat content by 50% or more, with a minimum reduction of more than 3 grams per reference amount and per serving size - <u>Comparative claims using the term "less fat"</u>: product contains at least 25% less fat, with a minimum reduction of more than 3 grams per reference amount and per serving size 	<p>Descriptors</p> <p>FSIS adopts FDA's requirements for the use of descriptors and definitions for several nutritional components.</p> <ul style="list-style-type: none"> - Same - Same - Same - Same - Same

FDA Proposal	FSIS Proposal
<p>Descriptors (cont'd)</p> <ul style="list-style-type: none"> - Percent Fat-Free: only used on products that meet low fat definition (3 grams or less of fat per 100 grams or 97% fat free); and amount of total fat per serving is disclosed -Not applicable <p>Health Claims</p> <ul style="list-style-type: none"> - Health claims are permitted on foods only where claims are specifically provided for by regulations and where no other nutrient is present in an amount that increases the risk of disease. The claim must be supported by publicly available scientific evidence and there must be significant scientific agreement among qualified scientists. 	<p>Descriptors (cont'd)</p> <ul style="list-style-type: none"> - Same - “Lean” and “extra lean” as descriptors for use with meat and poultry products, including meal-type, multi-ingredient products and raw cuts of meat and poultry <p>Lean: Meat or poultry products with less than 10.5 grams of fat, less than 3.5 grams of saturated fat, and less than 94.5 milligrams cholesterol per 100 grams</p> <p>Extra Lean: Meat or poultry products with less than 4.9 grams of fat, less than 1.8 grams of saturated fat and less than 94.5 milligrams cholesterol per 100 grams</p> <p>Health Claims</p> <ul style="list-style-type: none"> - No provisions in November 1991 proposal; will adopt FDA provisions in later proposal



For more information on the USDA/FSIS proposal, contact:

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